Assault Awareness and Prevention Program

Sexual Assault Victim Intervention

Course Objectives

At the end of the course, participants will—

- Be familiar with common myths about sexual assault,
- Be acquainted with the facts associated with sexual assault,
- Know various definitions of sexual assault,
- Understand Navy policy on sexual assault,

Course Objectives

- Understand sexual assault prevention,
- Know what to do if you are sexually assaulted, and
- Know what to do if someone you know is sexually assaulted.

Myth 1

- MYTH: The rapist is usually a stranger
- FACT: A vast majority of rapists usually know their victims.

Myth 2

- MYTH: A large percentage of reports of sexual assault are false.
- FACT: Statistics show that less than 5% of alleged rapes are unfounded. This is the same proportion as for all other crimes.

Myth 3

- MYTH: Men do not have to be concerned because sexual assault only affects women.
- FACT: Men suffer 10% of the sexual assaults treated. In addition, men have family members and friends who may need help in coping with a sexual assault.

Myth 4

- MYTH: Rape can’t happen to me.
- FACT: Rape is the fastest growing reported crime in America. A rape occurs every six minutes.

Myth 5

- MYTH: Rape only happens to the young and attractive.
- FACT: Everyone is a potential victim.

Myth 6

- MYTH: Rape happens only if you ask for it. Only those who are provocative are the victims of this crime.
- FACT: People who are not provocative are raped. In addition, to be provocative is not to say that you want to or should be raped.

Myth 7

- MYTH: Rape is not a big deal; it is only about sex.
- FACT: Rape is a crime using sex to express power, control and/or anger. Sex is between two consenting partners; rape is an act of aggression using sex as a weapon.

Myth 8

- MYTH: No one person alone can rape another person.
- FACT: One person alone can rape another person. The assailant may use physical violence, threats or a weapon.

Myth 9

- MYTH: Most rapes are interracial.
- FACT: About 90% of all rapes are intra-racial.

Myth 10

- MYTH: Most rapes are spontaneous.
- FACT: Most stranger rapes are planned. Some acquaintance rapes are planned, but factors leading to acquaintance rape (alcohol, drugs, physical arousal, etc.) can change the atmosphere from friendly date to sexual assault.

Myth 11

- MYTH: Rapists are usually sexual deviants.
- FACT: Most rapists exhibit no obvious sign of being sexually deviant.

Myth 12

- MYTH: Rapists rape because they “need” sex.
- FACT: Most rapes do not occur out of the desire for a sexual partner. 75% of those who rape are either married or have regular sexual partners.

Myth 13

- MYTH: You are a rape victim only if you are hysterical and bruised.
- FACT: The victim, male or female, may appear calm and collected, but may be suffering from rape trauma syndrome. Victims of date/acquaintance rape may not be bruised, cut or beaten.

Myth 14

- MYTH: A person who has been raped is to blame and needs to justify his/her behavior. Just saying “No” is not enough for a rape charge to be brought.
- FACT: Rape is an act of violence, and under no circumstances should it be condoned because of a victim’s prior behavior. If someone says “No”, and an assailant persists, the assailant is a rapist.

Important Note

- Alcohol and drug use on the part of the assailant is one of the most important factors that contribute to date/acquaintance rape.

Rape Facts

- According to a National Victim Center Study:

  - Over 125, 000 women in the US are raped each year.

  - Approximately 10-50% of all rapes are actually reported.

- 1990 National Women's Study indicated that 680,000 adult women are raped each year.

Sexual Assault Facts

- Nationally, every two to three minutes, a woman is sexually assaulted.
- There are more women who have suffered sexual assaults than there are women who wear glasses.
- Of the overall sexual assaults, it is estimated that only 41% are reported.

Sexual Assault

Sexual assault is sexual intimacy forced or threatened on one person by another and is punishable under UCMJ and local civilian laws.

Types of Sexual Assault

- **Rape**: intercourse with force, however slight, and without consent.
- **Date/Acquaintance Rape**: forcible intercourse without consent in which the victim knows the assailant.

Types of sexual assault

- **Marital rape**: forcible intercourse without consent committed by the victim's spouse.
- Marital rape is now recognized under the UCMJ

Types of Sexual Assault

- **Sodomy:** (forcible) placing a sexual organ in the mouth or anus of another person using force and without consent.
- **Indecent Assault:** assault of a person with the intention to gratify the sexual desires of the accused. This can also be punishable under sodomy, depending on the circumstances.

Types of sexual assault

- **Same gender sexual assault:** sexual assault where both parties are of the same sex.

  - occurs more frequently than recognized.

  - is not homosexual rape.

Types of sexual assault

- According to the Federal Criminal Code, abusive sexual touching is that of the groin, breast, inner thigh, or buttocks of any person with the intent to abuse, humiliate, harass, degrade or arouse or gratify the sexual desire of any person.

Factors Indirectly Influencing Sexual Assault

Date and acquaintance rapists can be influenced by:

- The media
- Peer pressure
- A lack of respect for others
- Alcohol and drug use
- Irresponsible behavior
- False expectations (“you owe me”)

Effects of the Media

The media presents images relating to:

- Power
- Conquest
- Sex

Motives for Sexual Assault

Experts believe that most rapists are motivated by the need for:

- Power
- Control
- Revenge
- Venting Anger

Consequences for Perpetrators

- Acts of sexual assault violate the law and Navy regulations and are inconsistent with the Navy core values.
- Consequences can include:
  - Administrative action
  - Confinement
  - Discharge/ Dismissal

Effects on the Victim

Short Term Effects

- Terror
- Isolation
- Nightmares
- Shock
- Guilt
- Self-blame

Effects on the Victim

Long Term Effects

- Inability to trust
- Fear of sex
- Lowered self-esteem
- Increased difficulty in intimate/close relationships

Preventing Date/Acquaintance Sexual Assault

- Examine myths and stereotypes
- Examine your behaviors and views, as well as those of your friends
- Examine your priorities and values

Preventing Date/Acquaintance Sexual Assault

Trust your own instincts

- Don’t immediately trust someone just because you have seen them around or because you know them.
- Don’t be afraid of hurting someone’s feelings if you have any doubts about your safety.
- If you feel you are being forced into unwanted sex, you probably are.

Preventing Date/Acquaintance Sexual Assault

Communicate your limits

- Believe in your right to communicate your limits--- if you are not sure, stop and talk about it.
- Be assertive, say “No” loudly, forcefully and frequently if you feel someone is sexually pressuring you.
- Politeness may not work--- communicate firmly and as early as possible.

Preventing Date/Acquaintance Sexual Assault

Stay Alert

- Pay attention to what is happening around you.
- Watch for nonverbal clues.
- Avoid placing yourself in vulnerable situations.
- Make every effort to have others around you when you are getting to know someone.
- Avoid excessive use of alcohol.

If you are sexually assaulted

- Get to a safe place where a phone is available.
- Contact appropriate law enforcement.
- Preserve physical evidence by not washing or changing clothes.
- See medical attention.
- Use a support person

If someone you know is sexually assaulted

- Do what you can---recognize your own limits.
- Listen and sympathize.
- Don’t ask what was done to cause it.
- Support the decision to report or not report the crime.
- Encourage the victim to speak to a counselor.

Support

- Family Service Centers (SAVI program coordinator, counselor)
- Medical Treatment Facility
- Local Rape Crisis Center (Victim Advocates, counselors)
- Chaplain
- Law Enforcement

London area Points of Contact

- Navy Family Service Center, RAF West Ruislip
- Staff Judge Advocate, Blenheim Crescent
- Naval Criminal Investigative Service
- COMNAVACTUK Chapel, West Ruislip
- Navy Medical Clinic
- Hillingdon Hospital Rape Trauma Unit

London Area SAVI Coordinator

Fleet & Family Support Center

RAF West Ruislip

01895-616500

DSN 235-6500

ffsclondon@cnauk.navy.mil